



M O N T I G O
W E L L N E S S

UNWIND • ALIGN • THRIVE



Montigo Wellness Experience

Welcome to Montigo Wellness at Charlton House. We invite you to embark on a journey of relaxation and rejuvenation at our historic country house in Somerset. Our treatments are carefully curated to harmonise body, mind and spirit, blending the timeless charm of this heritage site with the warmth of Asian hospitality. Originating in Indonesia, Montigo Wellness is renowned for its authentic spa therapies, drawing from centuries of holistic healing traditions.

Whether you seek tranquility, invigoration, or a moment of escape, you'll find it here. Restore your body's balance with age-old therapies, enhanced by the soothing infusion of ambient fragrances. Our spa menu includes spa days, facials, massage therapies, body rituals, and beauty treatments to complete your pampering experience.

Spa Facilities & Opening Hours

Immerse yourself in the soothing warmth of our Hydrotherapy pool, or experience the deep, dry heat of the Finnish sauna, unwind in the crystal steam room, infused with the healing energy of Bohemian amethyst, or enjoy the gentle Warmth of the Roman-inspired laconium. For a perfect moment of serenity, retreat to the outdoor hot tub in our peaceful courtyard garden.

Opening Hours:

Spa Facilities	9am – 9pm
Gym	6am – 9.30pm
Treatments	9am – 7.30pm

Spa Day Menu

Enjoy full use of Spa Facilities that include Gymnasium,
Hydrotherapy pool, outdoor hot tub, steam room, sauna and laconium

Charlton Spa Day

9am – 5pm £50

Full use of spa facilities (no treatments).

Charlton Half Day Evening Spa

5pm – 9pm £35

Full use of spa facilities (no treatments).

Charlton Half Day Morning Spa

9am – 1pm £40

Full use of spa facilities (no treatments).

The above Spa days are for facilities usage only and no treatment included.

You are very welcome to add a treatment of your choice as well as
reserve a table for breakfast, Lunch afternoon tea or dinner.

Subject to availability advance booking to avoid disappointment on the day.

Montigo Full Day Spa Weekdays/Weekends

9am – 5pm £150 / £160

Full use of spa facilities, 50-minute treatment of your
choice, £15 lunch/afternoon tea credit.

Montigo Evening Spa Weekdays/Weekends

5pm – 9pm £110 / £120

Full use of spa facilities, 30-minute treatment of your
choice and Mocktail or Cocktail

Montigo Half Day Spa Weekdays/Weekends

9am - 1pm or 1pm – 5pm £115 / £125

Full use of spa facilities, 30-minute treatment of your
choice, £15 lunch/afternoon tea credit.

Please note: £10 supplement applies to all Spa Day package and treatment on weekend

Signature Treatments

Montigo Massage

50 / 80 minutes

£115 / £145

Our house signature massage combines targeted pressure points, gentle stretching, flowing Lomi - Lomi movements, and smooth effleurage. This thoughtfully crafted combination works deeply into areas of tension while maintaining a sense of continuous flow, leaving the body relaxed, realigned, and renewed.

Montigo Signature Pacific Sugar Body Scrub

30 minutes

£70

A revitalizing exfoliation using fine Pacific sugar crystals blended with nourishing plant oils. This gentle yet effective scrub smooths the skin, restores softness, and leaves the body refreshed, radiant, and beautifully renewed.

Montigo Back Reliever

45 minutes

£95

An intensive massage and treatment designed to work deep into stiff, tight, and aching muscle. This restorative Treatment is ideal for stress and over worked muscle.

Please note: £10 supplement applies to all Spa Day package and treatment on weekend



Massage Therapies

Swedish Massage

50 / 80 minutes

£100 / £135

A classic full body massage using gentle to medium pressure. Designed to relax the body, ease muscle tension, and improve circulation. Ideal if you are looking to unwind and reset

Aromatherapy Massage

50 / 80 minutes

£100 / £135

A deeply relaxing massage using carefully selected essential oils. The treatment helps calm the mind, relieve stress, and support overall wellbeing through both touch and scent.

Deep Tissue Massage

50 / 80 minutes

£100 / £145

A firm massage focusing on deeper layers of muscle and connective tissue. Ideal for releasing chronic tension, tight muscles, and areas of discomfort, especially in the back, shoulders, and neck.

Tailored Bespoke Massage

30 minutes

£70

A fully customized massage created around your needs on the day. Pressure, techniques, and focus areas are adjusted after a consultation to ensure treatment that suits your body and preferences.

Pregnancy Massage

30 / 50 minutes

£80 / £125

A gentle and nurturing massage created specifically for mothers-to-be from the second trimester up to eight months of pregnancy. Using safe, soothing aromatics, this treatment helps ease physical discomfort, reduce fluid retention, and promote deep relaxation, supporting both comfort and wellbeing during pregnancy.

Please note: £10 supplement applies to all Spa Day package and treatment on weekend



Elemis Expert™ Treatment

Transformative Hot Stone Massage

50 / 80 minutes

£115 / £145

A deeply grounding treatment using heated Himalayan salt stones to ease muscle tension and calm the nervous system. Warmth is combined with therapeutic massage Oil to nourish the skin, release stress, & restore a sense of balance & wellbeing.

Absolute Face + Body Ritual

50 / 80 / 100 minutes

£115 / £140 / £160

Restorative ritual combining tailored facial care with a relaxing body treatment. Designed to bring the whole body back into harmony, this experience leaves the skin refreshed, the body relaxed, and the mind renewed.

Alternative Therapies

Molten Candle Wax Massage

30 / 50 minutes

£70 / £110

A deeply indulgent massage using warm, melted aromatic candle wax that transforms into a rich massage oil. This comforting treatment nourishes the skin while easing tension, leaving the body relaxed and softly scented.

Cleansing Salt Scrub

30 minutes

£170

A revitalising full-body exfoliation using mineral-rich salts to gently remove dead skin cells. The skin is left smooth, refreshed, and glowing, with improved circulation and clarity.

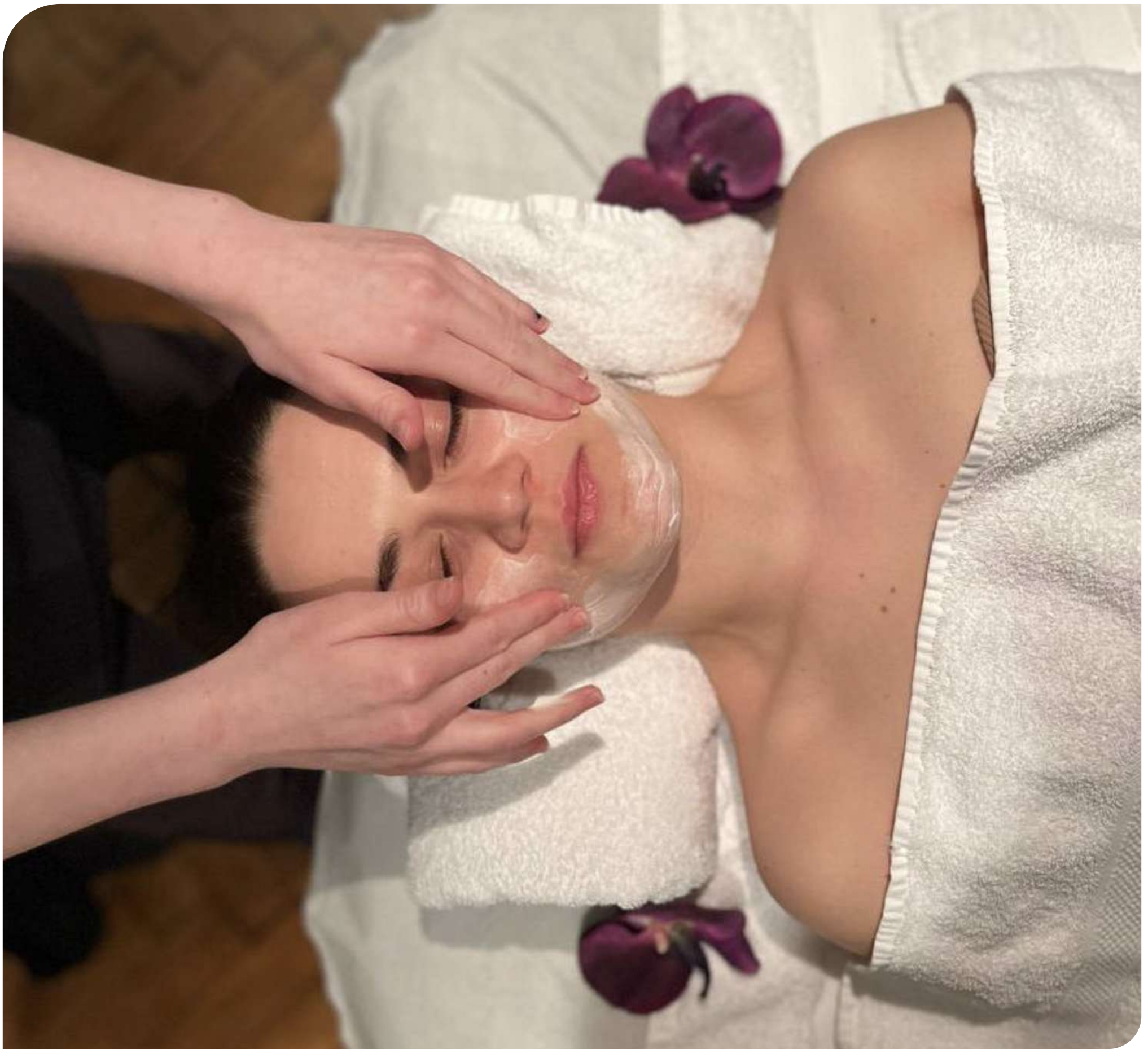
Hydrating or Frangipani Body Wrap

45 minutes

£95

A cocooning body wrap designed to deeply nourish and hydrate the skin. Choose between a deeply hydrating wrap or a Frangipani-infused wrap to restore softness, improve elasticity, and enhance overall skin radiance.

Please note: £10 supplement applies to all Spa Day package and treatment on weekend



Facial

Bespoke Facial by Natural Spa Factory

30 / 50 minutes

£70 / £105

Rejuvenate your skin with a Natural Spa Factory facial, designed to gently remove dead skin cells, hydrate, and bring out your natural radiance.

Elemis Expert Touch Facial

30 / 50 minutes

£80 / £115

A deeply grounding treatment using heated Himalayan salt stones to ease muscle tension and calm the nervous system. Warmth is combined with therapeutic massage Oil to nourish the skin, release stress, & restore a sense of balance & wellbeing.

Beauty

Simple Eyebrow Shape

£15

Eyebrow Wax & Tint

£35

Lash Tint

£35

Full Arm

£35

Full Leg

£40

Lip & chin

£30

Bikini Line

£30

Underarm

£20

Please note: £10 supplement applies to all Spa Day package and treatment on weekend



Hand & Foot Rituals

Signature Manicure

60 minutes

£65

A hand and nail treatment designed to restore and refine. Nails are shaped and groomed, cuticles carefully tidied, and hands exfoliated before a relaxing massage to improve circulation and hydration. Finished with a polish application, leaving hands soft, elegant, and perfectly presented.

Pamper Pedicure

60 minutes

£65

A relaxing treatment for tired feet and legs. Nails are shaped and perfected, cuticles cared for, and hard skin gently smoothed away. This is followed by exfoliation and a soothing lower leg and foot massage to relieve tension and restore comfort. Finished with a polished look, leaving feet refreshed, soft, and beautifully cared for.

Foot Work / Foot Massage

30 / 50 minutes

£70 / £100

A focused and restorative treatment designed to relieve tension in the feet and lower legs. Using specialized massage techniques, this treatment helps improve circulation and promote overall relaxation. Ideal for those who spend long hours on their feet or simply need deep relief and renewed comfort.

Hands & Toes (Regular)

£65

Hands or Toes (Regular Polish)

£40

Nails are shaped and tidied before a classic polish application in your chosen color. A simple refresh for a neat, well-groomed finish.

Hands or Toes (Gel Polish)

£50

Hands & Toes (Gel)

£70

Complete nail preparation for hands and feet followed by gel polish application. It is ideal for a durable, high-shine finish that lasts longer with minimal maintenance.

Please note: £10 supplement applies to all Spa Day package and treatment on weekend



Luxury Bath Rituals Menu

Embark on a moment of quiet indulgence within the privacy of your room, where bathing becomes a ritual rather than a routine. Our Luxury Bath Rituals are thoughtfully created using ingredients inspired by Somerset's natural landscape and traditional local remedies. Each soak is designed to restore balance, nurture the skin, and gently ease the body and mind, allowing you to fully unwind and savour time at your own pace.

Somerset Lavender Milk Bath (Relax & Restore)

£40

Lavender has long been part of Somerset's landscape, known for its calming aroma and traditional use in home remedies. This ritual captures the serenity of the English countryside, helping the body unwind and the mind settle into deep relaxation. Warm milk, lavender and mineral salts melt into the water to nourish the skin and quiet the mind.

Cheddar Apple Blossom Detox Bath (Detox & Refresh)

£45

Somerset's orchards have a long history of producing some of the UK's finest apples. This refreshing gentle detox bath is inspired by the cleansing traditions of using fruit and blossoms for renewal. Apple blossom aromas blend with purifying salts and apple cider vinegar to support detoxification.

Somerset Muscle Revival Bath (Muscle Therapy)

£45

A powerful warming soak inspired by the rugged strength of the Mendip Hills. Using the renowned Elemis Aching Muscle Super Soak, this treatment blends rosemary, juniper and maritime pine to ease tension, support circulation and deeply relax tired muscles. The ritual reflects the grounding energy of the local landscape, offering a modern wellness twist rooted in Somerset's natural heritage.

English Rose & Oat Silk Bath (Hydration & Sensitive Skin)

£40

Roses have always been a symbol of English beauty and wellness. Combined with soothing oats, once used in classic farmhouse remedies, this luxurious warm milk bath is ideal for soothe and hydrate sensitive skin.

Note: Includes a glass of Red wine.

Please note: £10 supplement applies to all Spa Day package and treatment on weekend

Spa Guidelines & Guest Information

What to Wear

We ask that swimwear or underwear be worn under your robe when heading into treatments. Swimwear is also required when using the heat rooms. For the gym and fitness classes, please bring appropriate footwear, such as trainers or gym shoes.

Arrival

Please arrive at least 10 minutes before your scheduled treatment to ensure you receive the full experience.

Medical Condition

If you have any health concerns, allergies, or past injuries, please inform us at the time of booking, as some treatment may not be suitable. You will also be asked to complete a medical questionnaire upon arrival to ensure we can provide appropriate treatment.

Pregnancy

We offer several treatments suitable for pregnancy from the second trimester and up to eight months of pregnancy. Please inquire when booking for more information.

Mobile Phones

For the comfort and relaxation of all guests, the use of mobile phones is not permitted within the spa. We kindly ask that phones are switched off during your visit.

Valuables

Lockers are provided for the safe storage of personal belongings. Jewellery is not recommended when using the spa pool or facilities, as heat, water, and treatments may cause damage. Some treatments also require jewellery to be removed, so please check your robe pockets before leaving. We regret that we cannot be held responsible for any lost or damaged items.

Please note: £10 supplement applies to all Spa Day package and treatment on weekend

Spa Guidelines & Guest Information

Exclusively for Adults

Our spa facilities and treatments are available to guests aged 18 and over.

For Your Safety

Please do not bring any items into the spa that may break or spill.

Booking Policy

Payment in full is required at the time of booking for any treatments or spa days. Cancellation Policy Spa days require 36 hours' notice for cancellation or rescheduling to receive a full refund. Individual treatments require 24 hours' notice.

Sanctuary Spaces

To ensure a relaxing experience for all guests, we ask that noise be kept to a minimum throughout the spa.

Food and Drink

Breakfast, lunch, afternoon tea, and dinner are served daily in our bar and restaurant. If you would like to remain in your robe throughout your spa day, feel free to relax in Bobo's Bistro Bar.

Flip Flops

To minimize our environmental impact, we ask that guests bring their own flip flops. Alternatively, these can be hired for £5 per pair.

Towels and Robes

Towels and robes are provided during your spa experience when booking a treatment, spa day, or when staying in the hotel. At busy times, a refundable deposit may be requested.

Prices and treatments are subject to change without prior notice

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